

Defensive Coping DefinitionCoping Refers To The Way One Manages Stress Through Cognitive Or Behavioral

Defensive Coping Definition: Coping Refers To The Way One Manages Stress Through Cognitive Or Behavioral Strategies

Defensive Coping DefinitionCoping Refers To The Way One Manages Stress Through Cognitive Or Behavioral strategies involves mechanisms individuals use consciously or unconsciously to protect themselves from psychological distress, anxiety, or emotional discomfort. These strategies serve as a buffer against stressors, allowing individuals to preserve their self-esteem, maintain emotional stability, and navigate challenging circumstances. Understanding defensive coping is essential for comprehending how people respond to adversity and how maladaptive or adaptive responses influence mental health.

Understanding Defensive Coping: An Overview

What Is Defensive Coping?

Defensive coping encompasses a set of psychological tactics employed by individuals to minimize feelings of threat, shame, or distress. These tactics are often rooted in the subconscious mind but can sometimes be employed consciously. Defensive coping is distinguished from problem-focused coping, which involves actively addressing the root cause of stress. Instead, defensive coping aims to reduce emotional discomfort without necessarily resolving the underlying issue.

Types of Defensive Coping Strategies

There are various strategies that fall under the umbrella of defensive coping, broadly categorized into cognitive and behavioral mechanisms. These include:

- Denial